

Healthy Maine 2010 chronicles the health issues currently faced by our population and, most importantly, outlines changes that will help all of Maine's people to live longer and healthier lives. Created with input from over 500 people from across the State, *Healthy Maine 2010* is a tool available for anyone to learn more about how they can improve the health of Maine people and communities by the end of this decade.

Healthy Maine 2010: Longer and Healthier Lives is a roadmap – providing guidance to improve the health of Maine people.

Healthy Maine 2010: Opportunities for All is a look at the specific health issues faced by the many different groups of people who live in Maine.



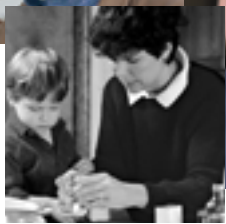
Angus S. King, Jr., Governor
Kevin W. Concannon, Commissioner

In accordance with Federal laws, the Maine Department of Human Services does not discriminate on the basis of sex, age, color, national origin, or disability in admission or access to or treatment or employment in its programs and activities. The Department's Affirmative Action Coordinator has been designated to coordinate our efforts to comply with and implement these Federal laws and can be contacted for further information at: 221 State Street, Augusta, Maine 04333, (207) 287-2567, or Hearing Impaired call 1-800-457-1220.

A scenic landscape of Maine featuring a calm lake reflecting the surrounding dense evergreen forest. In the background, a large mountain peak is visible under a blue sky with scattered white clouds. Tall pine trees frame the left and right sides of the image.

HEALTHY MAINE 2010

Longer and Healthier Lives



“The committee defines the mission of public health as fulfilling society’s interest in assuring conditions in which people can be healthy.”

—*Institute of Medicine*

(Committee for the Study of the Future of Public Health. “The future of public health.” Washington, D.C.: National Academy Press, 1988.)

“If you think you are too
small to make a difference,
try sleeping in a closed room
with a mosquito.”

—*African Proverb*